

Full Report (All Nutrients) 20005, Barley, pearled, raw

Report Date: June 27, 2017 02:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.95 Fat Factor: 8.37 Protein Factor:3.55 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 200g
Proximates					
Water	g	10.09	18	0.366	20.18
Energy	kcal	352	--	--	704
Energy	kJ	1473	--	--	2946
Protein	g	9.91	23	0.425	19.82
Total lipid (fat)	g	1.16	18	0.060	2.32
Ash	g	1.11	18	0.063	2.22
Carbohydrate, by difference	g	77.72	--	--	155.44
Fiber, total dietary	g	15.6	--	--	31.2
Sugars, total	g	0.80	--	--	1.60
Minerals					
Calcium, Ca	mg	29	11	1.599	58
Iron, Fe	mg	2.50	27	0.137	5.00
Magnesium, Mg	mg	79	11	3.972	158
Phosphorus, P	mg	221	15	11.212	442
Potassium, K	mg	280	13	10.233	560
Sodium, Na	mg	9	13	2.228	18
Zinc, Zn	mg	2.13	23	0.108	4.26
Copper, Cu	mg	0.420	22	0.025	0.840
Manganese, Mn	mg	1.322	20	0.080	2.644
Selenium, Se	µg	37.7	6	--	75.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 200g
Thiamin	mg	0.191	15	0.015	0.382
Riboflavin	mg	0.114	10	0.021	0.228
Niacin	mg	4.604	12	0.222	9.208
Pantothenic acid	mg	0.282	10	0.056	0.564
Vitamin B-6	mg	0.260	11	0.020	0.520
Folate, total	µg	23	8	1.222	46
Folic acid	µg	0	--	--	0
Folate, food	µg	23	8	1.222	46
Folate, DFE	µg	23	--	--	46
Choline, total	mg	37.8	--	--	75.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol	µg	0	--	--	0
Carotene, beta	µg	13	--	--	26
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	22	2	--	44
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	160	--	--	320
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.04
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.2	--	--	4.4
Lipids					
Fatty acids, total saturated	g	0.244	--	--	0.488
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.003	--	--	0.006
14:0	g	0.006	--	--	0.012

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 200g
16:0	g	0.208	--	--	0.416
18:0	g	0.008	--	--	0.016
Fatty acids, total monounsaturated	g	0.149	--	--	0.298
16:1 undifferentiated	g	0.003	--	--	0.006
18:1 undifferentiated	g	0.122	--	--	0.244
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.560	--	--	1.120
18:2 undifferentiated	g	0.505	--	--	1.010
18:3 undifferentiated	g	0.055	--	--	0.110
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.165	--	--	0.330
Threonine	g	0.337	--	--	0.674
Isoleucine	g	0.362	--	--	0.724
Leucine	g	0.673	--	--	1.346
Lysine	g	0.369	--	--	0.738
Methionine	g	0.190	--	--	0.380
Cystine	g	0.219	--	--	0.438
Phenylalanine	g	0.556	--	--	1.112
Tyrosine	g	0.284	--	--	0.568
Valine	g	0.486	--	--	0.972
Arginine	g	0.496	--	--	0.992
Histidine	g	0.223	--	--	0.446
Alanine	g	0.386	--	--	0.772
Aspartic acid	g	0.619	--	--	1.238
Glutamic acid	g	2.588	--	--	5.176
Glycine	g	0.359	--	--	0.718

Nutrient	Unit	1	Data points	Std. Error	1 cup 200g
		Value Per100 g			
Proline	g	1.178	--	--	2.356
Serine	g	0.418	--	--	0.836
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein ¹	mg	0.00	1	--	0.00
Genistein ¹	mg	0.01	1	--	0.02
Total isoflavones ¹	mg	0.01	1	--	0.02

¹Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. **Daidzein and genistein content of cereals.**, 2002 Euro. J. Clin. Nutr. 56 pp.961-966